

31st Fighter Wing: The U.S. Air Force's fighter-wing south of the Alps.

THE VIGILEER

Vol. 50, No. 3

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Aviano Air Base, Italy



Airman Desiree Hayden

General audience

Brig. Gen. Mike Worden, 31st Fighter Wing commander talks to spouses during a town hall meeting held Jan. 14 for families of deployed Aviano members. Commanders and first sergeants of every squadron also attended the meeting. Speakers at the meeting discussed everything from morale calls to education opportunities available to dependents. Attendees watched a video of pictures compiled from currently deployed Aviano active duty members. The meeting was a combined effort among Aviano Family Advocacy, 31st Services Squadron, and the Aviano Family Support Center.

General urges confident approach

Senior Master Sgt.

Thomas Saunders

Detachment 8, Air Force

News Agency

Anyone suffering a bout of nervousness about the upcoming surety inspection may be able shake the jitters by asking themselves a couple simple questions.

Brig. Gen. Mike Worden, 31st Fighter Wing commander, said the inspection is a very important tool for measuring just how well the community does its job here. And because of that, people may feel edgy.

Some of that edge may have been

calmed by the base's local exercise which occurred Jan. 12-15, and General Worden offered tips people should keep in mind for next week and particularly for the real inspection in February.

"If you know your job and you have confidence in your people, you should feel confident about the inspection," said General Worden. "People need to ask themselves, 'Do I know my job? Do I trust my teammates and supervisors?' If they answer yes, then they should be confident."

Aviano will be in the inspection spotlight from Feb. 1-12, when a team of

See NSI, page 4

Good to know

Commander's Call

Brig. Gen. Mike Worden will hold a commander's call Jan. 30 at 9 a.m. and 3 p.m. in Hangar One.

Surety Tidbits - 9 days to U.S. Air Forces in Europe Inspector General Surety Inspections

Entry Authorization List: A list of essential personnel authorized to enter certain restricted areas. Inspector general team members have to be on an EAL in order to access areas where EAL procedures apply; line badges, ID cards, or inspector badges aren't sufficient for access.

Where can I find NSI Information?

Are you looking for previous reports or Special Interest Items? Try CVI's web site: <https://avo-intranet/Inspections/myweb/Readiness.html>. You'll be able to find all the information you need to help you with the upcoming surety inspection.

RESCON Info

Aviano experienced no DUIs and MVA/Is over the long weekend. The last DUI occurred on Jan. 3. Because of this, we are able to lower the RESCON level to Alpha. Two more DUI-free weeks from today, we will be at the 31-day DUI-free point. Let's work together to make the 31-day goal!

The following measures are now in effect:

1. Any local establishment whose primary business is serving alcohol and is determined to be a contributor to the DUI incident will be placed off limits the following weekend. No off-base establishments are currently off limits.

2. Commander will require supervisor or at-fault driver to prepare a MIS-HAP report and brief incident at next LCRC or commander's call.

3. Unit safety rep or NCOIC briefs traffic safety every week.

This message is in effect until further notice.

New decorations make dorm homier for airmen

By Airman 1st Class Jessica Switzer
31st Fighter Wing Public Affairs

In an effort to control DUIs, Aviano's dormitories redecorated their day rooms to present a more attractive place to hang out for the young airmen who live there.

After all of the dorms had finished their decorating in November, Brig. Gen Michael Worden, 31st Fighter Wing commander took a look at the new day rooms. The dorm buildings were competing with each other for best dayroom; the winner received additional funds to continue adding new things to the day rooms.

Each of the day rooms had a theme to follow. The winning dorm chose a sports bar theme for theirs. Pool tables and a large mural by Airman Juan Pena convinced General Worden that the 31st Maintenance Squadron dormitory deserved first place.

"We won \$10,000 to add more things to the day room," said Airman Chris Wholfarth, 31st Maintenance Squadron, one of the airmen who

worked to improve their day room.

While the Maintenance Dorm hasn't voted on how to use its funds yet—several members of the building's Airman's Council are deployed—they do have a number of plans.

"We want to put in projection screens, and I think we were talking about a surround sound system in the dayroom," he said. "We also want to put a TV in the laundry room so people don't have to leave their laundry."

A number of airmen worked to improve the current day room. Airman 1st Class Daureen Martin was one of the volunteers who helped to make the room more inviting.

"It was pretty bare to begin with," she said. "There wasn't anything in it. We put in pool tables and more games for people to play."

In the end all of the hard work paid off and not just in terms of money.

"The best part was when everyone came to look at the dorms. Seeing [General Worden] was really neat," Airman Martin said.

Personnel Reliability Program Approved Over-the-counter Medications

Did you know **PRP** members can use the following OTC medications without a medical evaluation?

Miscellaneous

- Saline Nose Spray and Eye Drops
- Eye Irritation Drops (Visine)
- Swimmer's Ear Drops (Boric acid or vinegar solutions)
- Vaginal anti-itch/OTC Yeast Infection Medications (Vagisil, Gyne-Lotrimin, Monistat 7)

Skin Preparations

- Antiseptic Creams/Ointments (Neosporin)
- Topical Antifungal Agents (Desenex)
- Hydrocortisone Cream (0.5% and 1.0%)
- Benzoyl Peroxide Cream/Lotion
- Topical Wart Treatments (Salicylic acid)
- Moisturizers (Eucerin)
- Antidandruff Shampoos

Gastrointestinal Remedies

- Antacids (Maalox, Tums)
- Hemorrhoidal Creams/Ointments/Suppositories (Preparation H)
- Bismuth Subsalicylate (Pepto-Bismol)
- Psyllium Hydrophilic (Metamucil)
- Antidiarrheals (Imodium A-D)
- Natural Lactase Enzyme (Lactaid)
- Stool Softeners (Colace)
- Antiflatulents (Simethicone)
- Kaolin (Kaopectate)

Cold/Flu Remedies

- Pseudoephedrine Hydrochloride (Sudafed)
- Oxymetazoline or Phenylephrine Nasal Sprays (Afrin)
- Guaifenesin Cough Syrup (Robitussin-ensure that Guaifenesin is the only active ingredient)
- Analgesic Lozenges (Cepacol)
- Cough Drops (Vicks, Halls)

Analgesics

- Aspirin
- Acetaminophen (Tylenol)
- Ibuprofen (Motrin)
- Naproxen (Naprosyn)
- Magnesium Salicylate (Doan's)
- Caffeine in combination with aspirin or acetaminophen (Excedrin)



Commander's Connection

Brig. Gen. Mike Worden
31st Fighter Wing
commander

This is your direct link to let me know your comments or unresolved complaints. I will see each question is answered and select those of general interest to appear in the "Vigileer."

Comments can be submitted by:

- E-mailing cc.connect@aviano.af.mil
- faxing to Ext. 7083
- mail to 31FW/PA, Unit 6140 Box 100, APO AE 09604-0100
- delivering to public affairs, Bldg. 1360, Room 19.

You may remain anonymous upon request. To receive a reply, include your name, unit and phone number.

The Commander's Connection is not intended to replace the chain of command, so before contacting the commander's connection, talk with managers, supervisors or first sergeants.



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The deadline for submitting information is close of business Thursday one week prior to publication. Send all information to the *Vigileer* at vigileer@aviano.af.mil. Faxed articles will not be accepted at all by the staff. The public affairs office is located in Bldg. 1360, Rm. 19. The *Vigileer* staff can be reached at Ext. 7344.

The public affairs staff reserves the right to edit all material in accordance with the Associated Press Stylebook.

Personnel Reliability Program - all day every day!

By Lt. Col Kevin Murnane

31st Mission Support Squadron commander

The 31st Fighter Wing is about to undergo the most important inspection that an Air Force base can have. In my position as 31st Mission Support Squadron commander, I am responsible for a wide variety of programs — assignments, training, promotions, awards, reenlistment bonuses, retirements, and separations. However, there is only one program I am responsible for that can shut down the mission of the wing — PRP. Yet while the inspector general will issue my squadron a PRP grade, nearly every member of the Aviano community has an impact on that grade. Success - or failure - rests with each of us.

You should know how you can assist the wing pass the PRP inspection. You may have heard the PRP tips of the week on the radio or television, or read them in the Vigileer or on a bulletin board. But, what do the PRP tips of the week mean to you? Aren't they just for the 685 people in the PRP?

In a word, no!

The people in the program are personally responsible and are briefed on their responsibilities. However, the wing will do best if we all know what to watch for and help the members in the program remember their responsibilities. Let me explain this week's tips:

Tip one: The responsibility for ensuring continuous eligibility rests with each individual involved with Personnel Reliability Program.

Personnel in the PRP are subject to continuous evaluation of their reliability and are responsible for complying with the intent of PRP - even while away from their duty station during TDY, leave or passes.

Individuals must monitor their reliability and notify their certifying official immediately of any potentially disqualifying information. We each have a responsibility to inform certifying officials when people in PRP appear to engage in situations that may affect their reliability. Certifying officials must be informed of all health care received - this includes any over-the-counter vitamin, dietary supplements and medications not included in the list approved by U. S. Air Forces in Europe. Even in the case of OTC substances approved for self-medication, the member must notify the certifying official if side effects occur. Additionally, certifying officials must be informed if hypnosis is contemplated by, or has ever been administered to, a member in PRP.

If a PRP certified person requires treatment from a civilian physician, the member must provide copies of health records for review by the competent medical authority at the servicing medical unit immediately — in our case, the 31st Medical Group.

Even visits to support agencies like the Aviano Family Support

Center may need to be reported to the certifying official — the counselor should ask if a customer is on PRP.

All AF members, but especially members in the PRP, must ensure reliability by staying physically competent, mentally alert, and technically proficient.

Tip Two: Report all Potentially Disqualifying Information.

PDI is any information regarding, but not limited to, a person's physical, mental, or emotional status, conduct or character which may cast doubt on his ability or reliability to perform related duties. This includes financial irresponsibility, being late for work, showing a pattern of misconduct, being negligent or delinquent in performance of duty, or a poor attitude or lack of motivation. Spouses and friends may be the best source a certifying official has for learning about potential depression, irritability, or off-duty stresses weighing on the member.

Tip Three: Attention to detail is imperative in action and in paperwork.

Attention to detail in the PRP paperwork is also of the utmost importance. A large number of administrative errors in the PRP paperwork alerts inspectors to the potential for critical or major findings in other areas of our surety mission.

Common administrative errors include: incorrect data on the PRP certificate, incorrect dates on the form or updated in the personnel data system, spelling errors in members' names, reversed digits in social security numbers, name changes that have not been updated on the certificate and incorrect security data. Unit PRP monitors have all been trained on processing the required paperwork, but if you are on PRP, carefully look over the documents you are given and ensure you don't see any errors.

Tip Four: Keep your primary medical care provider informed.

All PRP members should make a medical appointment with their provider upon returning from a deployment. Documentation of medical treatment they received while deployed, or even while TDY or on leave, must be turned in to the MDG PRP office immediately upon return to allow review and further evaluation by a provider.

PRP members must be cleared by their provider before starting any nutritional supplements.

At PCS time, medical/dental records cannot be released by the medical group any earlier than 24 hours prior to final out-processing the MPF.

Tip Five: Know what over-the-counter substances can be taken without reporting.

Members on PRP can get the USAFE approved list of OTC substances from any PRP monitor — but remember that even with these, you must report if there is an adverse reaction, or side effects.

Contact the unit PRP Monitor or Staff Sgt. Quincy Black at Ext. 4227 or by e-mail at quincy.black@aviano.af.mil with any questions.

NSI, from page 1

inspectors from U.S. Air Forces in Europe check out every aspect of the 31st FW's wartime capabilities. During a Jan. 9 interview on AFN Aviano's FM106 Jason and Tony Show, General Worden offered several tips for base members to ease anxiety.

When asked about how a person should try to respond to an inspector's question if the answer is unknown, the general said bluntly, "You should know. There are directives and books to use."

General Worden said inspectors aren't trying to stump people, but questions may challenge people.

He advised supervisors to ensure everyone knows where guidance can be found in the event an inspector asks a particularly eluding question.

"If you're just stunned, go to the books," said General Worden.

A key to properly responding to inputs or questions by inspectors, said the general, is to take the input card and read it aloud to ensure it is understood. Repeat the input again to the inspector to ensure it is understood. Then, if others are around, ensure everyone understands the input. Finally, take action.

General Worden said inspectors are likely to challenge people, but the professionals here are ready, eluding to how defending Super Bowl champions, often the target of every team's greatest effort, accept challenge after challenge.

"Champions want to be challenged, and that's an attitude that will do us well," said General Worden. "Inspectors want to see that focused, competitive team building attitude."

Another bit of advice the general offered is people should try to envision

what type of situations inspectors might put them in. By doing that, General Worden said people can prepare themselves and be ready to take action.

"Prepare. Know the directives and procedures. Follow through with an input until they come and grab you and say, 'Enough,'" said the general.

The general also noted that although people might feel a bit of the nerves kick in, some nervousness is okay — it's nervous energy.

"Supervisors also need to let their people know that other units have gone through this inspection before and survived," said General Worden. "If we're prepared — if we know our jobs and have trust in our teammates — we will do a super job. We are looking forward to showing the inspectors the teamwork we've built here."

Airman convicted by General Court-Martial

Airman 1st Class Chad R. Miller, 31st Maintenance Squadron, was tried by a general court-martial consisting of officer and enlisted members January 8 to 12 here.

Airman Miller was found guilty of violating Article 109, Damage to Non-Military Property, Article 126, Aggravated Arson, and Article 134, Unlawful Entry.

He was sentenced to six months confinement, forfeiture of \$400 pay per month for 12 months and reduction to E-1.

The evidence presented at the court-martial showed Airman Miller attended a party hosted by another Air Force member in Dardago, Italy. Sometime during the morning of April 12, 2003, he left the party and walked to another apartment complex located nearby where three other Air Force members reside. While at the apartment complex, Airman Miller struck the passenger side of one of the Air Force member's vehicle with his knee. This resulted in damage to the vehicle in several different places. He then proceeded down to the storage area of the apartment complex. While there, Airman Miller unlawfully entered the storage area,



set fire to a box, and departed the area, leaving the box burning. Airman Miller then returned to the residence of the member who was hosting the party and fell asleep.

One of the residents, who lives in the apartment complex, was awake that morning and smelled the smoke. He notified the other tenants of the smoke and they all departed their residences.

Italian firefighters responded to the scene and extinguished the fire. A joint investigation conducted between the Air Force Office of Special Investigations and the Italian Carabinieri indicated Airman Miller was a possible suspect. When questioned about the incident under rights advisement, Airman Miller admitted that he started the fire and caused the damage to the vehicle.

The fire destroyed many personal belongings of one Air Force member and caused several thousand dollars worth of damage to the apartment complex. Airman Miller will serve his confinement at the United States Army Confinement Facility Europe in Mannheim, Germany. (31st Legal Office)

Looking for perfection

Capt. William Powell inspects Senior Airman Jennifer Molina, both of the 31st Civil Engineer Squadron, during an open ranks inspection Monday in Hangar One as part of the Curtin Award competition. Open ranks inspections are usually performed as a means of ensuring the dress and appearance of members is up to standards.



Airman Desiree Hayden

RESCON CORNER

	<u>DUIs</u>	<u>Major Vehicle</u> <u>Accidents</u>
Week	0	0
28 days	4	3
Year	4	

0 : Injuries from accidents this week

Have you saved anyone this week?

Your story could be in this space.

Aviano members who have kept someone from drinking and driving can send their stories to vigileer@aviano.af.mil. The stories will be run in the RESCON corner every week they are received.

Stories must be 200 words or less and tell a true story. It can be about the writer someone they know. Submissions must be received by Thursday each week to run in the next weeks' paper. For more information call the Vigileer staff at Ext. 7555.

Sortie Board

	31st FW		510th FS		555th FS	
	Hours	Sorties	Hours	Sorties	Hours	Sorties
Goal	551.0	358	291.4	191	259.6	167
Ahead/						
Behind	+745.1	+74	+640.1	0	+105.0	+74

AAFES' temporary location

Army and Air Force Exchange Service members will set-up a temporary Robin Hood and Anthony's Pizza in Sabre Hall Area One until the completion of the new mini-mall in July.

Burger King investigations

The safety investigation board is seeking personnel with information surrounding the Burger King fire which occurred Jan. 12 in Area One. Contact the 31 FW Safety Office at Ext. 7406 or e-mail to: 31fw/se@aviano.af.mil.

FSC Closure

The Aviano Family Support Center is closed from 11:30 a.m. to 2 p.m. today for a farewell luncheon.

Gate 10 open

Gate 10, the flightline contractor/BX gate, will be open to base members on weekends until Feb. 22. Gate 10 opens from 7 a.m. Saturday through 10 p.m. Sunday. Gate 7, the main flightline gate, is closed on weekends while Gate 10 is open. The new operating hours are necessary to facilitate BX and Commissary access to the flightline during the North-East road closure in Zappala.

UMUC graduate programs

University of Maryland University College (UMUC) offers three graduate programs at Aviano: M.S. in Management Information Systems, M.A. in Counseling Psychology, and M.Ed. in Guidance and Counseling. Graduate classes for term III start Saturday. For more information, call

Ext. 5365.

Childhood Immunization Fair

The no appointment necessary base Childhood Immunization Fair is 4:30 p.m. to 8 p.m. Thursday and Jan. 30 in the base immunization clinic lobby in Area One.

Wing Promotion Ceremony

The Wing Promotion Ceremony is 9 a.m. Thursday in Hangar One. Participants must wear BDUs with sleeves down.

Retirement luncheon

Renata, the former base service mart manager, is having a luncheon 11 a.m. to 2 p.m. Jan. 30 at the La Bella Vista as customer appreciation day for her retirement from AAFES. Everyone is invited.

Enlisted family scholarship program

The Aviano Top Three Association is offering \$500 in scholarships each school term to active-duty members and spouses in the grades of E-1 to E-6 to offset the cost of book purchases. Applicants must be either active duty Air Force or married to an active-duty member in grades E-6 or below, enrolled in a college course during the scholarship award period, and complete a scholarship submission form including an attached written essay. Scholarship submissions are accepted until today — winners announced Jan. 30. For more information or electronic versions of the application form, contact Senior Master Sgt. Russell Steger at Ext. 7341 or e-mail russell.steger@aviano.af.mil.

Voting assistance

The Aviano 24-hour Voting Assistance

Hotline is Ext. 5357.

New pharmacy hours

The base pharmacy is open 7:30 a.m. to 6 p.m. Mondays through Fridays. Base members may call in refills after hours at Ext. 5214 for pick up the following duty day. For more information, call Ext. 5214.

ERAU registration

Embry-Riddle Aeronautical University registration ends Monday. ERAU also offers Community College of the Air Force applicable math classes: Math-106 Basic Algebra and Trigonometry. Class will meet on Mondays and Wednesdays from 5:30 p.m. to 7:20 p.m. Math-140 College Algebra. Classes meet 7:30 p.m. to 10 p.m. Mondays and Wednesdays. For more information, call Ext. 5140.

Overseas housing survey

The annual overseas housing allowance survey is available on-line to allow more personnel to participate. The Per Diem committee uses the prior year's expense data to update the current year housing entitlements. The survey is located at <https://www.drc-instantaccess.com/g3051/htm/default.htm?btnBack=Back>

Boeing opening

Boeing Aerospace Operations is seeking candidates for potential academic and training device instruction supporting the F-16 Mission Training Center at Spangdahlem AB, Germany. Instructor candidates must have previous experience within the last seven years in A/OA-10, F-4, F-15, F-16, F-18, F-111, F-117 or comparable aircraft as an instructor, a minimum of 500 hours in one of the above aircraft, and F-16C Block 50 with Suppression of Enemy Air Defense (SEAD) operations experience. Interested participants must submit their resume to: Boeing Aerospace Operations, 2901-B South Douglas Blvd R7-08, Midwest City, OK 73130, send a fax to 405-739-1099 or e-mail: ronald.burkholder@boeing.com.

GPC e-mail information warning

Government Purchase Card holders are warned if they receive an e-mail requesting information on Government Purchase Card information, do not respond to the e-mail instead, forward a copy to help@usbank.com.

Loan center

The Aviano Family Support Center loan center has items for people awaiting household goods such as: toasters, fans and irons. For more information, call Ext. 5663.

Family readiness initiative

The Aviano Family Support Center has the capability for parents to record themselves reading children's books on video, CD and DVD. For more information call Ext. 5663.

Reel Times

Today – 5 p.m. "Elf" Rated PG

An elf wreaks havoc in the elf community because of his size. Starring: James Caan and Will Ferrell

Today – 8 p.m. "The Last Samurai" Rated R

A 19th-century American military officer travels to Japan to organize their troops. Starring: Tom Cruise and Ken Watanabe

Saturday - 2 p.m. "Runaway Jury" Rated PG-13

Miles meets his match in court. Starring: George Clooney and Catherine Zeta-Jones

Saturday - 7 p.m. "The Last Samurai" Rated R

Sunday – 7 p.m. "The Matrix Revolutions" Rated R

The rebels' long quest for freedom culminates in a final explosive battle for Zion. Starring: Keanu Reeves and Carrie Ann Moss

Monday and Tuesday – Closed

Wednesday – 7 p.m. "Runaway Jury" Rated PG-13

Thursday – 11:30 a.m. "Lilo & Stitch" Rated G

Thursday – 7 p.m. "The Last Samurai" Rated R

Jan. 30 – 5 p.m. "Looney Tunes: Back in Action" Rated PG

The crew leaves for locales such as Africa and Las Vegas to search for the mythical blue diamond. Starring: Brendan Fraser and Jenna Elfman

Jan. 23 – 8 p.m. "Stuck on You" Rated PG

Conjoined twins help revive a television show that becomes a hit. Starring: Matt Damon and Greg Kinnear

Remember to live the dream — today

By Col. Jimmy McMillian
91st Security Forces
Group commander

It is not my intent to recite Dr. Martin Luther King Jr.'s entire biography. I will not give you a guilt trip about the sins of our ancestors, and I will not pretend we have achieved the vision of Dr. King. While I would agree we as a nation have made tremendous strides in race relations, there is still much more we can do to fulfill the legacy of Dr. King. I will not recite the "I had a dream" speech, although I believe it is relevant today.

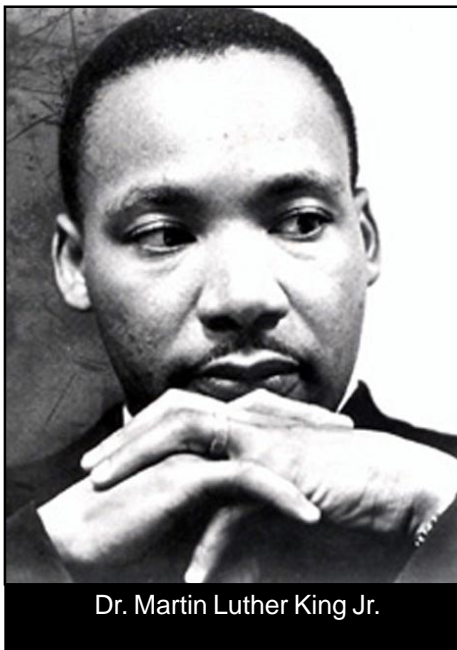
If I were charged with giving the holiday celebrated this year on Jan. 19 a theme it would be "Living the dream today." Some may believe the dream has been fulfilled, others may believe the dream will never be realized. Whatever your position, we should all share one common theme, and that is, to live the dream. This requires a sincere collective effort to always do what is right for mankind, not self.

Here's what I think it means to "live the dream."

In 1968, when Dr. King was assassinated I was about nine-and-a-half years old. I vividly recall watching the funeral on the 15-inch black and white television in our home. All the adults in my household were filled with emotion. I listened to Dr. King's speeches on the radio, but I did not realize how much he had changed the course of history until after his death. I then set out to learn as much as I could about this man, because his unique oratory skills motivated me to change my outlook on life.

Often, people are products of non-productive environments, seeming to endure disappointment after disappointment. They walk around wondering if life will ever be kind to them. Then doubt begins to control their thoughts, and there is a natural tendency to give-up, give-in and quit.

Living the dream does not give you the option to quit. When you consider what Dr. King endured, quitting does not allow you to assume responsibility for your own freedoms; giving up robs you of your future and it denies freedom to the neighborhoods and nation in which we live.



Dr. Martin Luther King Jr.

Dr. King's life should give each of us courage to do what is right, the strength to overcome life's obstacles, and the energy to initiate new beginnings. No one ever promised a life without pain or sorrow, but there is always hope in the mist of chaos.

When you are suffering from failures or denied opportunities, there are two ways you can respond to your situation. One is to react with bitterness and blame everyone. The other is to transform the suffering into a creative force. I decided long ago to follow the latter course, because when situations knock me on my back, I'm reminded of a quote from abolitionist and author Frederick Douglass which says, "If you can look up, you can get up."

Another aspect of living the dream means you must give back. We all must make a commitment to the African proverb, "each one, teach one." I challenge you to mentor someone who does not look like you, spend some time mentoring or tutoring young people who are from dysfunctional homes or situations.

I guarantee you there are people in our midst who need a positive role model they can dialogue with on a regular basis regardless of age/experience, social status.

Living the dream requires us to seek those people out.

Living the dream means working to understand and appreciate the differences in others. I have decided that understanding another person is one of the most difficult things for man to do. Understanding another human demands a degree of energy most of us cannot muster. Trying to understand someone requires you to approach the table of brotherhood devoid of all pre-conceived notions and ideas about that person. We have to strip ourselves of the media's depiction of another race, look for the positive in people, and judge them by their actions and morality, not the color of their skin. You have achieved some understanding of another being when you don't undermine your worth by comparing yourself with others. It is because we are different that each of us is special.

Living the dream means individuals must rise above the "narrow concepts of individualized concerns, to the broader concerns of humanity." If we all make a sincere effort to work harder every month in our communities to combat prejudices and discriminations it will give us the opportunity to make a significant difference in the world.

The tragic events of Sept. 11, 2001, forced us to hold hands and mourn as one nation. To me, this proves you cannot make someone love you, but we all can be someone to be loved.

Living the dream also suggests you must see yourself at the head and never at the tail. Some people will always want you to feel inferior and come in last place.

Your focus must remain on bettering yourself, because a man's capacity to better himself provides inspiration and confidence in the future of the human race. When the human race is on the same accord, then all people benefit from the abundance of our great nation.

I challenge you to live the dream each day as though it is your last day. Remember, yesterday is history, let's not forget it, but don't be shackled by it. Tomorrow is a mystery, therefore prepare for it but don't worry about the trials it will bring. And today is a gift; that's why we call it the present — enjoy it in appreciation of each other. (AFPN)

Have extra time?

We have a volunteer opportunity for you!

Contact Hidden Heroes at Ext. 5663.

Reflective belts, like seat belts, save lives

Aviano airman emphasizes reflective safety belt as part of uniform

By Senior Airman Jason Curra
31st Logistics Readiness Squadron

Everyday airmen around the world are faced with - and conquer - complex challenges; still each year military members and dependents are killed in accidents. The regulations on the use of reflective gear are widespread. At almost all commanders' calls and staff meetings, the topic of reflective belts is discussed.

Airmen are issued the proper equipment upon arriving at their duty section, but it is still common to find airmen running from cars and entering the base exchange without a reflective belt.

Common excuses are: "I forgot it at home," or "It's in the car," but these

same airman would never be caught without their hats or other mandatory uniform items.

The simple fact is that wearing the proper reflective equipment is not only mandatory, but it might also save your life. In the United States alone, pedestrians and bicyclists account for approximately 5,000 deaths and 123,000 injuries a year (in traffic accidents.) According to the National Center for Statistics and Analysis, on average, a pedestrian is killed in a motor vehicle crash every 108 minutes, and one is injured every seven minutes.

As outlined in Air Force Occupational Safety and Health 91-501, all military members, in uniform, are required to wear reflective gear in times of low visibility. In some cases, major

commands and wings around the Air Force have employed stricter regulations.

At Aviano, Brig. Gen. Mike Worden, 31st Fighter Wing commander, has directed that not only military members, but also civilian employees, wear the protective equipment.

It is also mandatory for military members exercising outside to comply. Understanding the importance of this standard is not only important to the Air Force mission, but also to its members' survival.

It is difficult to say what will make all military members comply with the current standard.

Hopefully, accidents do not need to happen in each unit to open the eyes of all its airmen.



Chief's Choice

Staff Sgt.
Jason Farmer

Unit: 31st Maintenance Operations Squadron

Job title: NCOIC Instructional System Development

Hometown: Smyrna, Ga.

What do you like to do in your free time? "Travel, hike, fish and hunt."

"I selected Staff Sgt. Farmer as my Chief's Choice winner for his superior appearance, dedication to training and outstanding customer support as a training manager taking care of over 1,000 maintainers in MOS, 31st Aircraft Maintenance Squadron and 31st Maintenance Squadron, ensuring they receive professional, in-depth training courses required for upgrade and specialized certification in the maintenance career field."

—Chief Master Sgt. Kerry Porter
31st Civil Engineer Squadron

Tell 'em you love 'em

Vigileer offers space for Valentine greetings



Valentine's Day is quickly approaching, and it is the day dedicated to telling your loved ones you love them.

Aviano members can submit their Valentine greetings to vigileer@aviano.af.mil to be published in the Valentine's edition. Greetings can be for family and loved ones here at Aviano, or for those deployed.

Greetings should not exceed more than three lines. Aviano members can submit more than one greeting, but space will be filled on a first come, first serve basis.

Submissions must be received by noon on Monday, Feb. 9 to be included in the edition.

For more information, call Ext. 7344. (31st Fighter Wing Public Affairs)



Sponsors, assist your in-coming personnel!

Contact Combat Intro/Exit at Ext. 5661

With more activities for children in school support can be challenging but ...

Parental involvement key to educational support

By Barbara Worden
USAFE School Liaison Office

In today's hectic world, finding both the time and the best way to productively support your child's education can be a challenge.

Most parents know their daily actions at home play a very important role in their children's education, but there are other avenues in which they may be more actively involved.

The Internet, and its vast array of information, is a great source for parents to expand their knowledge on ways to get involved in their child's education. Two particular Internet sites that parents may find beneficial are the Military Child Education Coalition and the National Parent Teacher Associate Web sites.

The MCEC Coalition and their corresponding Web site, focuses on improving the life of the military child. The site has links to aid parents and students on their voyage through elementary and secondary school systems. A link on this site is

"Military Organizations Devoted to the Military Family." Other links provide information on scholarship and university programs, enrichment and on-line home study programs. The site can be found at: <http://www.militarychild.org>.

The National PTA Web site also has articles designed to promote parental involvement. By accessing the site and clicking on the "parent involvement" tab at the top of the page, parents can find information to assist them in helping their child succeed.

The Web address is: <http://www.pta.org>. Individuals are not required to be a member of the PTA organization to gain access to or benefit from the site.

By investing time in a child's education today, parents can increase their child's chances for success in school and for attaining a brighter tomorrow.

If you are a parent, guardian, or just interested in becoming involved in the education of U.S. Air Forces in Europe children, contact Aviano's School Liaison Office at Ext. 5261. (USAFENS)

USAFE Project Wizard celebrates 'courage'

Mandy Smith-Nethercott
USAFE Services

'Courage' is the focus of a new reading initiative hosted by U.S. Air Forces in Europe Libraries and Project Wizard.

'We the People Bookshelf' is a program sponsored by the National Endowment for the Humanities in collaboration with the American Library Association.

Its aim is to encourage reading in young people from kindergarten through high school. A panel of experts selected fifteen books that accentuate the ability to conquer fear or despair.

Many of the titles cover important chapters in American history, while others express ideals central to the heart of

American culture. These books fall into four different categories and are age appropriate for children in grades K-3, 4-6, 7-8 and 9-12.

USAFE Library Services has adopted the 'We the People Bookshelf' program and will provide one or more sets of the 'Courage' titles for each base library along with posters, bookmarks and program incentives.

Each library will participate in this program by setting the books aside for their young readers and distributing incentives. Some libraries plan to organize individual programs highlighting the theme of personal bravery.

Parents of younger readers can select books for their children that demonstrate

universal themes of bravery. Readers will enjoy the books about facing challenges in America of yesteryear and the stories that open them up to new worlds.

For our youngest library patrons, *The Cabin Faced West*, by Jean Fritz, tells of a pioneer family's westward journey. The story gently unfolds through the eyes of young Ann Hamilton, who at first longs for her old life in Gettysburg.

For our older readers, John F. Kennedy's *Profiles in Courage* chronicles the fortitude of various leaders of the United States in confronting the problems of a growing nation. *Profiles in Courage* won the 1956 Pulitzer Prize.

The USAFE 'We the People Bookshelf' program will begin in February. (USAFENS)



**U.S. Air Forces
in Europe
Combat Education**

Interested in a degree?
We can help you!

Contact Aviano's Combat
Education Center
at Ext. 5330!



**Project
Wizard**

The Aviano Library
Area One
Ext. 5381

Check it out

Help available for depressed Aviano members

By 2nd Lt. Lea Ann Chambers
31st Fighter Wing Public Affairs

Shorter days and colder nights in the winter can cause more than just the winter blues. For some it could be more serious.

The Yale University School of Medicine estimates Seasonal Affective Disorder affects 11 million Americans a year and is usually accompanied by social withdrawal, irritability, low or extreme appetite and low mood. Up to four times as many women suffer from SAD as men, and it tends to run in families. Symptoms of SAD usually begin to appear gradually throughout September and October and last through March or April.

"We do see an influx of people at the beginning of the holidays and then again after the holidays are over," said Staff Sgt. Randall Wallace, 31st Medical Group non-commissioned officer in charge of the Alcohol Drug Abuse Prevention and Treatment program. "In large quantities, alcohol causes a person to be depressed, which causes them to drink more. It is a cycle feeding upon itself."

Air Force members are not immune to this depression. With the added stresses of high-ops tempos, deployments and separations Aviano members should be aware of ways to fend off

winter depression.

"If you look at yourself and see you are having problems, be aware. Starting to sleep in and drinking more are signs. Talk to someone, don't let it go," said Wallace.

There are a number of resources available to Aviano community members who feel depressed over the winter season. Members seeking help can call life skills, the chaplains' office or their supervisors and first sergeants.

"The easiest way to contact a chaplain is by phone; anyone can stop us when they see us out on base or email us," said Col. Dave Cote, wing chaplain. "We talk to them and find out where they are coming from and then try to link them up with other people and things happening on base."

During the winter months, Aviano members should look out for their co-workers and family members to ensure feelings of loneliness don't become overwhelming.

"It's hard being away from friends and family," said Wallace. "Unit leadership should seek out those individuals that might be alone and a little depressed and make sure they are doing okay. The important thing to remember is that there is always help available."

Call Life skills at Ext. 5321 for more information

Certificate issued for those not eligible for TRICARE

By Capt. Joyce Beatty
31st Medical Group

Starting February, the Department of Defense Military Health System will begin issuing a Certificate of Creditable Coverage automatically to any former uniformed services sponsor or family member who loses eligibility for health care benefits under TRICARE.

Eligibility for TRICARE may end as a result of a sponsor separating from active duty status, divorce, demobilization if the sponsor is a member of the National Guard or Reserves, or at age 21 for a dependent child - 23 for full-time students.

For persons no longer eligible for TRICARE, the certificate serves as proof of

previous health care coverage and limits the period of time another health care plan can exclude them from participating in a health care plan due to a preexisting medical condition.

The Defense Manpower Data Center Office, as custodian of the Defense Enrollment Eligibility Reporting System, will process a certificate for the sponsor or family member upon notification of loss of eligibility. As long as there is a current address on file in DEERS, members can expect to receive the certificate within approximately 30 days.

Sponsors or family members needing to expedite receipt of a certificate may mail or fax a request to the DSO. The request should include the sponsor's name and

Social Security number, name of family member for whom the certificate is needed, the reason for the urgent request, the name and address of the person or organization where the certificate should be sent, and finally the signature of the requester.

The request may be faxed to the DSO at (831) 655-8317, or mailed to: Defense Manpower Data Center Support Office, Attn: Certificate of Creditable Coverage, 400 Gigling Road, Seaside, CA, 93955-6771.

Sponsors or family members who have questions regarding the certificate may contact the DSO at (800) 538-9552, or TTY/TDD at (866) 363-2883. Additional information is also available on the TRICARE Web site at: www.tricare.osd.mil/certificate/index.cfm.



Kudos

Recently a member of the Aviano community was selected for promotion to the rank of colonel.

Congratulations to Lt. Col. Susan Hall, 31st Medical Operations Squadron commander.

Colonel Hall arrived at Aviano in June 2003 to take the reigns of the 31st MDOS, after serving at Bolling Air Force Base.

Tami Rock was the winner of the "Name the Club" contest. Her entry, La Bella Vista, was selected as the winner by wing leadership. She won a roundtrip airfare for two to Rome with accommodations for 2 nights and \$300, one free lunch each week for a year, one free dinner each month for a year, one free brunch each month for a year, free club dues for a year and reserved parking at the club for a year.



Staff Sgt. Suzanne M. Jenkins

Loading a falcon

Staff Sgts. Lucan Williamson and Justin Smith, 510th Expeditionary Fighter Squadron maintainers, load a JDAM precision guided munition onto an F-16 Fighting Falcon Jan. 14, at a forward deployed location.



Staff Sgt. Verlin Levi Collins

Iraq equipped

Senior Airman Paul Bilpuch, 31st Communications Squadron, handles cryptographic equipment for Camp Griffin personnel at Baghdad International Airport, Iraq, Jan. 7.

WEEK in PHOTOS

A brief look at Aviano Air Base



Airman Desiree Hayden

Q & A

Senior Master Sgt. Zeus Gaytan, 31st Mission Support Squadron, briefs attendees at the spouse's town hall meeting on ways to stay connected to a deployed spouse.

Aviano airmen take to the pavement

By Ms. Allison Stevens
Fitness Program director

Aviano Fitness Centers are the place for Aviano members to meet their 2004 resolutions and combat fitness needs.

They can meet combat fitness goals through a variety of programs the fitness centers offer. One way to meet combat fitness goals is through monthly 5K run/walks. Each of these fun run/walks has its own holiday theme, and offers participants a chance to win prizes. The fitness center encourages squadron participation and offers squadron awards as well as commander cup trophy points.

The 5K Resolution Run/Walk was conducted Jan. 9. Forty-nine of Aviano's airmen took to the pavement for the first fun run of the year. Fruit baskets were awarded to the following individuals as well as the squadron with the most participants.



Members of the 31st Comptroller Squadron stretch before the beginning of the 5K run. Five kilometers is roughly 3.1 miles.



Photos by Airman Scherrie Gates

Aviano members toe the starting line outside the Dragon Fitness Center during the Resolution Run here, Jan. 9.

Men's Run

1. Bryant Hafler, Maintenance Squadron, 21:11
2. Frank Fewell, Security Forces Squadron, 21:37

Women's Run

1. Virginia Carrizales, Office of Special Investigation, 29:52
2. Danette Remmert, Comptroller Squadron, 31:53

Men's Walk

1. Zachary Lambert, Operations Support Squadron, 51:05
1. Andrew Beck, OSS, 51:05

Women's Walk

1. Elizabeth Lauder, OSS, 57:11
1. Jasmine Yamauchi, OSS, 57:11

Unit with the most participants:

31 OSS

The next fun run is Feb. 13 at 11:30 a.m. at the Dragon Fitness Center. The first 100 people who register and participate will receive a free t-shirt. Early registration is encouraged and reflective belts are mandatory. Call the Dragon Fitness Center at Ext. 7459 for more information.

Sports Briefs

Fitness center January schedule: Mondays

5:30 to 6:30 a.m. No Mercy — endurance exercises, upper-body challenge. Hardcore and hard body — no whining!

11:30 a.m. to 12:15 p.m. Top 40 Spin — new energetic spin class building endurance and strength.

12:30 to 1:30 p.m. Mind Body Balance — A mixture of Yoga and Pilates that strengthens the body and relaxes the mind.

5 to 6 p.m. Fit -N- Fun — Get back in shape with circuit training and floor exercises. Beginners — start here!

6:15 to 7 p.m. Indoor Cycling — Group cycling class, you control the resistance.

7 to 8 p.m. Kickboxing — High energy kicking and punching combination with cardio aerobics.

Tuesdays

5:30 to 6:15 a.m. Espresso Spin — Wake up with a challenging and fun group cycling class, self-paced and non-impact.

9 to 10 a.m. Step 4 Fun — Smooth and fun integration of hi/lo step aerobics for every fitness level.

11 a.m. to noon 20/20/20 — 20 minutes of step, 20 minutes of kickboxing, 20 minutes of power stretch — great mix!

5:30 to 6:30 p.m. Spin Mania — Group cycling class, challenging and fun! Builds strength and endurance at your level.

7 to 8 p.m. Mind Body Balance — A mixture of Yoga and Pilates that strengthens the body and relaxes the mind.

Wednesdays

5:30 to 6:30 a.m. Circuit Training — A great mix of aerobic and anaerobic stations for building all-around fitness.

11:30 a.m. to 12:15 p.m. Rock -N- Ride — Challenging and fun group cycling class — great interval workout!

12:30 to 1:30 p.m. Mind Body Balance — A mixture of Yoga and Pilates that strengthens the body and relaxes the mind.

5 to 6 p.m. Circuit Training — Get back in shape with circuit training and floor exercises.

6:15 to 7 p.m. Indoor Cycling — Group cycling class, you control the resistance.

Thursdays

5:30 to 6:15 a.m. Espresso Spin — Wake up with a challenging and fun group cycling

class self-paced and non-impact.

11 a.m. to noon — 30-30 Pump it with 30 min of Kickboxing, and then wind down with yoga/stretch techniques.

4:30 to 5:30 p.m. Work-it Circuit — Step aerobics as the basis while incorporating strength and resistance exercises.

5:30 to 6:30 p.m. Spin Mania — Group cycling class that's challenging and fun. Builds strength and endurance at your level.

7 to 8 p.m. Mind Body Balance — a mixture of Yoga and Pilates that strengthens the body and relaxes the mind.

Fridays

5:30 to 6:30 a.m. Resistance Training — Firm and tone, get strong and lean with various bands, bars, and weights.

11:30 a.m. to 12:15 p.m. Rock -N- Ride — Challenging and fun group cycling class — great interval workout.

4 to 5 p.m. No Mercy — Endurance exercises and upper-body challenge. Hardcore and hard body. No whining!

5:15 to 6:15 p.m. Steppin' Up — Intermediate level aerobic step class; energetic moves strengthen muscle and heart.